

**I. AMENDMENTS TO THE CLAIMS:**

Kindly amend claims 21, 31, 36 and 37 as follows.

The present listing of claims replaces all prior versions and listings of claims in the above-captioned application.

**Listing of Claims**

Claims 1-20 have been canceled.

21. (Currently Amended) A method for dispensing a substance into a mouth, wherein the substance is selected from the group consisting of a breath freshener and a flavoring agent, the method comprising the steps of:

providing a mouth and tongue stud including a means for dispensing a substance formed in a portion of the stud, wherein the means for dispensing a substance contains the substance and wherein the stud further comprises a bar having ends, a first end member attached to one end of the bar and a second end member attached to an other end of the bar, and the first end member removably attaches to the one end of the bar;

mounting the bar of the stud in a fistula formed in a wearer's tongue or in the wearer's lip; and

dispensing the substance into the wearer's mouth, ~~wherein the stud comprises a bar having ends, a first end member attached to one end of the bar and a second end member attached to an other end of the bar, and the first end member removably attaches to the one end of the bar.~~

22. (Previously presented) A method as recited in claim 21, wherein the substance comprises a breath freshener.

23. (Previously presented) A method as recited in claim 21, wherein the substance comprises a flavoring agent.

24. (Previously presented) A method as recited in claim 23, wherein the substance includes a breath freshener mixed with the flavoring agent.

25. (Previously presented) A method as recited in claim 22, wherein a medication is mixed with the breath freshener.

26. (Previously presented) A method as recited in claim 23, wherein a medication is mixed with the flavoring agent.

27. (Previously presented) A method as recited in claim 24, wherein a medication is mixed with the breath freshener and the flavoring agent.

28. (Previously presented) A method as recited in claim 21, wherein the substance is dispensed into the wearer's mouth by dissolving the substance over time in the wearer's saliva.

29. (Previously presented) A method as recited in claim 22, wherein the substance is dispensed into the wearer's mouth by dissolving the substance over time in the wearer's saliva.

30. (Previously presented) A method as recited in claim 23, wherein the substance is dispensed into the wearer's mouth by dissolving the substance over time in the wearer's saliva.

31. (Currently Amended) A method for dispensing a substance into a mouth, wherein the substance is a medication, the method comprising the steps of:

providing a mouth and tongue stud including a means for dispensing a substance formed in a portion of the stud, wherein the means for dispensing a substance contains the medication and wherein

~~the stud comprises a bar having ends, a first end member attached to one end of the bar and a second end member attached to an other end of the bar, and the first end member removably attaches to the one end of the bar;~~

mounting the ~~bar of the~~ stud in a fistula formed in a wearer's tongue or in the wearer's lip; and

dispensing the medication into the wearer's mouth, ~~wherein the stud comprises a bar having ends, a first end member attached to one end of the bar and a second end member attached to an other end of the bar, and the first end member removably attaches to the one end of the bar.~~

32. (Canceled)

33. (Canceled)

34. (Canceled)

35. (Canceled)

36. (Currently Amended) A method for dispensing a substance into a mouth, wherein the substance is selected from the group consisting of a breath freshener and a flavoring agent, the method comprising the steps of:

providing a mouth and tongue stud including a means for dispensing a substance formed in a portion of the stud, wherein the means for dispensing a substance contains the substance ~~and wherein the stud comprises a bar having ends, a first end member attached to one end of the bar and a second end member attached to an other end of the bar, wherein the bar is a straight bar made of metal and the first end member removably attaches to the one end of the bar;~~

mounting the ~~bar of the~~ stud in a fistula formed in a part of a wearer's mouth; and

dispensing the substance into the wearer's mouth, ~~wherein the stud comprises a bar having ends, a first end member attached to one end of the bar and a second end member attached to an other end of the bar, wherein the bar is a straight bar made of metal and the first end member removably attaches to the one end of the bar.~~

37. (Currently Amended) A method for dispensing a substance into a mouth, wherein the substance is a medication, the method comprising the steps of:

providing a mouth and tongue stud including a means for dispensing a substance formed in a portion of the stud, wherein the means for dispensing a substance contains the medication ~~and wherein the stud comprises a bar having ends, a first end member attached to one end of the bar and a second end member attached to an other end of the bar, wherein the bar is a straight bar made of metal and the first end member removably attaches to the one end of the bar;~~

mounting the ~~bar of the~~ stud in a fistula formed in a part of a wearer's mouth; and

dispensing the medication into the wearer's mouth, ~~wherein the stud comprises a bar having ends, a first end member attached to one end of the bar and a second end member attached to an other end of the bar, wherein the bar is a straight bar made of metal and the first end member removably attaches to the one end of the bar.~~